

ESSENTIAL EMOTIONS COACHING GUIDE



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ESSENTIAL EMOTIONS

Welcome to your journey to become an Essential Emotions Coach!

Real change and breakthrough is possible for yourself and others
as you help others PROCESS, RELEASE, and LIVE FREE!

Life can be sweeter than you ever imagined!

It's evident in our world that mental and emotional support is needed RIGHT NOW.

Thank you for stepping into this global movement to help others break free from the trauma, limiting stories, and overwhelm that plague them. It's time for BREAKTHROUGH!

This guide contains the proven process you will use as an Essential Emotions Coach. By following these steps and integrating your own gifts and insights, you will confidently guide others toward emotional wellbeing.

Here is an overview of the simple process you'll follow:



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Here is the checklist to complete in order to become certified as an Essential Emotions Coach:

Certification Checklist

- Get prepared with essential oils. We recommend you have a good selection of oils on hand – eventually every oil (even a sample will do) – as any oil can come up during a session.
- Get prepared with sample vials: It's optimal to send the individual home with a sample of the oil(s) that came up during their session, if they don't have them at home. This allows them immediate and continued access to their process.
- Watch each segment of the Essential Emotions Coaching Course.
- Have and know how to use Essential Emotions Tools:
 - Essential Emotions book and/or app
 - Emotional Breakthrough Worksheet
 - Optional:*
 - Essential Emotions Wheel
 - Feelings Guide
 - Essential Emotions Insight Cards
 - Essential Emotions Class Handouts
- Read pages 4 - 16 in the *Essential Emotions* book.
- Read this Coaching Guide.
- Review in Resources Section of this guide:
 - Crisis Numbers & Referrals
 - Essential Oil Safety & Best Practices
- Complete 10 coaching sessions with 3+ different individuals.
- With permission from your client, record and upload one of your 10 Coaching Sessions (voice memo, audio, or zoom).
- Attend (or watch the recording) of 1+ Live Call with Master Coaches.
- Receive 3+ Breakthrough Sessions for yourself.
- Upon completion of this checklist, submit your application to become an Essential Emotions Coach.

Our feelings are our most genuine paths to knowledge.

-Audre Lorde

SUCCESSFUL COACHING PRINCIPLES

True principles are foundational to your success, and refining your skills will bring greater breakthroughs. The following concepts are key for successful coaching:

Be the Guide

It is important to communicate to the individual you're working with that you are an Essential Emotions Coach. In this capacity, you are not a mental health professional, therapist, or counselor. You are not diagnosing or treating the individual, nor are you giving professional advice. You are merely a GUIDE, supporting the individual in accessing their own answers along their journey to claiming wholeness and emotional freedom. Allow yourself to be the observer, not the fixer. You and your client are partners in this process, and it is important that they experience unbiased, non-judgmental neutrality. It can be off-putting to the individual if you come into the session with advice and answers.

Hold Boundaries

"Holding space" has become a popular phrase in the helping and healing communities. It merely means to be physically, mentally, spiritually, and emotionally present for another person. You put your entire focus on them as they feel their feelings. Creating this healthy space as a coach helps the individual you're working with expand their capacity to be open and regulate their own emotional responses. "Holding space" does not involve rushing, saving, rescuing, or owning their process. Practice holding appropriate coaching boundaries by listening with compassion, while not becoming overly invested or enmeshed in what they are experiencing.

Let Them Show Up

As a coach, you can't want healing for the person more than they want it for themselves. An individual needs to be willing to engage in this process for it to be successful. If they aren't ready to process now, respect their choices and allow them space to build that desire. You can also refer them to the "Experts & Further Reading" in the Resource section of this guide to consider before booking another session. If the individual is simply resistant to self-identifying with any of the concepts presented, do not force any awareness or assign meaning to their resistance. Know that this session is preparing the way for greater awareness in the future. Everything happens in the timing it's meant to.

Be Intentional & Unattached

Going into each session, set your personal intention to help facilitate a breakthrough for the individual. Then, release all attachment to the outcome or how you think the session "should go." Trust that the session will unfold exactly as it is meant to.

Listening is an attitude of the heart, a genuine desire to be with another which both attracts and heals.

-L. J. Isham

Listen

Listening to understand—instead of solve—creates a sense of safety and cultivates authentic connection. Active listening levels the playing field and fosters mutual respect. Know that their non-verbal cues are communicating even more than their words. So, also pay attention to the tone of their voice and watch their body language. The individual is likely to come back to you and this process if they feel genuinely seen and heard.

Reflect

Reflecting back only what they have spoken (also known as “reflective listening”) helps the individual to interpret their emotions themselves and leads to the best outcomes. It is important not to amplify, overly identify with, or expound on what they are experiencing. Avoid asking leading questions to get them to interpret their feelings the way you want them to (i.e. think of it as not “leading the witness”). Remember, you are there to mirror back their emotional state so they can find their own answers.

Pause

Don't underestimate the power of a pause. Resist the temptation to fill in all the empty spaces

in a session with words. Silent reflection can facilitate greater insights on their part than verbal processing. Often, the greatest insights and inspiration come when the coach pauses and allows the individual to ponder in silence for a few moments.

Practice

Start right away and practice as you go. Don't wait until the end of your training to implement what you're learning. There will never be a perfectly ready time in the future to begin. You'll always be learning, and where you are today is perfect for today. Remember the goal is progress, not perfection. You just need to start with one person. So, jump into your practice sessions and know you will develop skills and a growth mindset along the way!

Stay In Inquiry

Avoid the fear of having a failed session by staying curious with where the process is going, even if it's going in unexpected ways. Release any judgment on how a session is evolving. Allow the process to naturally unfold and curiously explore what is evolving in their emotional landscape during your time together.

Choose Courage

If you want to make the world a better place, there's more at stake than if you sit back and stay comfortable. Others may feel threatened when you move out of your old patterns and into new, healthier ways of being. You may experience some rejection and setbacks. If this happens, choose to stay the course with your vision and dreams. It takes courage to create change.

Trust the Process

Just as you have experienced breakthroughs with this process, so will others. Believe that this proven process will work for your client. Your clarity brings certainty. Simply follow the process laid out for you. You may have individuals who are the exception to the rule, but don't let those

exceptions throw off your confidence. Don't get discouraged if you can't see the results from a session instantly. You've both created real ripples on the water, and the effect will manifest in time. This work is powerful. And, just like the tip of an iceberg, there is more going on under the water than can be seen yet.

Bring All of You

As Thoreau wisely stated, "The price of anything is the amount of life you exchange for it."

Remember, your success is up to you and what you invest in learning this process will return to you multiplied. Bring your enthusiasm, dedication, and unique gifts and strengths to this process and you will be a phenomenal coach.

MORE EFFECTIVE COACH

THINKS/FEELS

- Learns from challenges
- Respects their choices
- Brings your own strengths
- Trusts the process is working
- Feels compassion
- Stays courageous
- Peaceful with others' healing journey
- Self-regulated & calm

DOES

- Trusts in their ability to self-direct
- Listens
- Pauses to listen beyond words
- Restates answers given
- Continues asking questions
- Invests time & practice
- Allows the process
- Leads with intention

LESS EFFECTIVE COACH

- Feels defeated by challenges
- Wants their healing more than they do
- Compares to others' strengths
- Doubts when can't see immediate results
- Takes on others' emotions
- Holds back/hesitates to invite
- Needs to direct the agenda/timeline
- Triggered by strong emotion

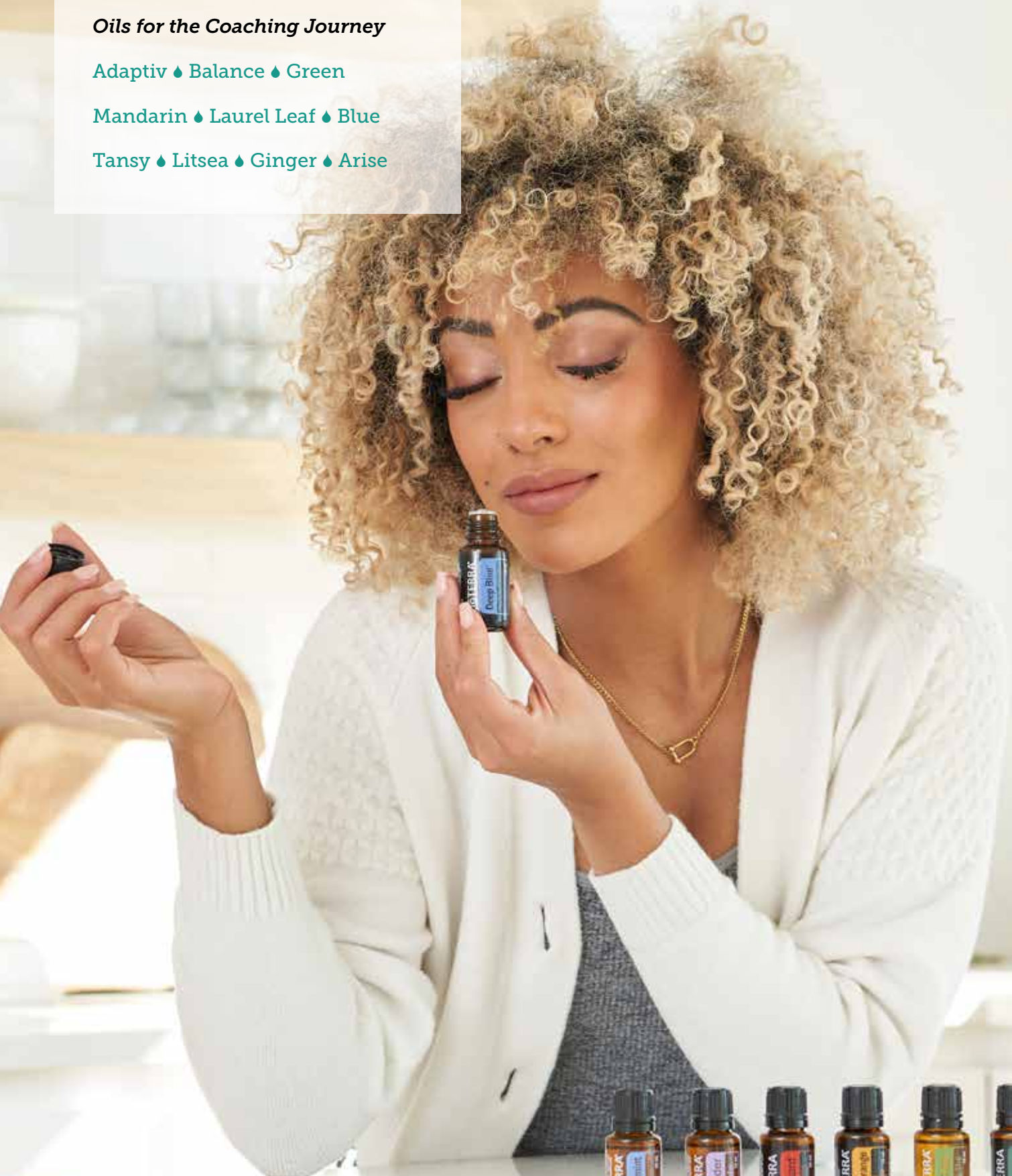
- Attempts to fix
- Gives advice
- Rushes to fill silence
- Assigns meaning/interpretation
- Makes statements
- Expects perfection from self
- Resists the flow/process
- Attached to specific outcome

Oils for the Coaching Journey

Adaptiv ♦ Balance ♦ Green

Mandarin ♦ Laurel Leaf ♦ Blue

Tansy ♦ Litsea ♦ Ginger ♦ Arise



PROCESS

Clary Sage opens the soul to new possibilities and experiences. It assists in opening creative channels and clearing creative blocks. It eliminates distractions from the mind and assists individuals in finding a state of emptiness where creative forces may be realized. -Essential Emotions



Clary Sage ♦ Guaiacwood ♦ Hygge

PREPARE

Before working with another person, it's important to get into a clear space—mentally, emotionally, physically, and energetically. Take some quiet time before each coaching session to assess your personal state. This allows you to show up in an unbiased and healthy way. You can use the following prompts to help you become present and release anything you may be unconsciously bringing with you:

Thoughts

Pause and observe what your mind is focused on. Acknowledge your thoughts and make a mental note to return to any concerns after the session.

Emotions

Connect to your heart and discern if you have any heaviness or unresolved emotions. If so, acknowledge and validate these struggles and lovingly set your emotions aside, resolving to return to them after the session with the same care you offer others.

Body

Tune into your body and briefly scan from your head to your feet. Notice any tension, constriction, pain, or heaviness. Focus your awareness on the parts of the body sending these messages and breathe light and love into each of them. Commit to nurture and nourish your body after the session, giving gratitude for its ongoing support.

Energetics

Become aware of your energetic boundaries. Notice how your energy body feels when it's just you, without any outside influences. Visualize a permeable field of light around you that serves as a loving shield against unwanted transference (over-identifying or taking on others' emotions or energy). Consider using energetically protective oils like OnGuard, Tea Tree, Lemon Eucalyptus, or TerraShield by spritzing one of them in your space, diffusing, or applying on the back of your neck and shoulder area. Go into the coaching session with an open heart and mind, but remain committed to your own self-containment so you can focus on supporting them.

*My heart is open to give and receive love
and all of me is protected by
a golden field of light...*

Opening the Session

The individual may feel nervous or uncertain about this process. In order to establish ease and trust, it is helpful to share your intention at the beginning of the session. For example: *"I am honored to work with you today. My intention for our time together is to simply guide you in identifying and releasing any unwanted emotions so that you can access the answers and solutions within you."*

Explain the general overview and what to expect from the process. Satisfying the brain's natural curiosity and desire to protect the individual often allows them to open their heart and engage more fully in the session. *"During this process we will discover the core issue you'd like to work on and identify which essential oils to partner with. We will use simple techniques like visualizations and declaration statements to release heavy emotions and invite in positive ones. We know that essential oils positively affect the neurochemistry of the brain, so we use them during this process to greatly improve the overall effect. I invite you to trust this process and see what unfolds for you."*

Be sensitive to their unique comfort level and experience with emotional release work. Pay attention to body language, cues, and responses. If necessary, go slower or engage in more dialogue to meet them where they are. This is also a perfect time to invite them to inhale the aroma of a calming essential oil.

To further settle their nervous system, assure the individual:

"This is a safe space. Whatever comes up in our time together is strictly confidential."

Then ask:

"Is there anything else that would help you in feeling more open and comfortable with this session?"

Breakthrough Worksheet

1. Which of these are you noticing most (choose oil, emotion, or body)?

Oil	Emotion	Body
What oils do you feel drawn to?	What emotion(s) are coming up for you?	What physical issue(s) or tension are you experiencing?
Oil	Emotion	Physical Issue

Read your chosen oil description in the Essential Emotions book (p. 15-16) or app. Choose the negative emotion that stands out most to you and look it up in the book (p. 202) or app.

Turn to your identified emotion in the Essential Emotions book (p. 202) or app.

Look up your issue or body part in the Essential Emotions book (p. 202) or app. Read Emotional Root and Look Deeper. Then choose the Underlying Emotion that feels like the best match. Write that on the emotion line above, then look up that emotion in the book (p. 202) or app.

2. Look Up: Read chosen oil description in the book (p. 15-16) or app and choose the oil(s) that resonate most for you. Then, apply under nose, over heart, to pulse points, temples, or back of neck, and inhale deeply.

3. Look Deeper: What stands out from the 1. Look Deeper questions in the book (p. 202) or app?

4. Release Statement: I choose to release this [emotion] with all its negative attachments. I now hand it over to the Divine for transformation and healing.

5. Release Visualization: Visualize yourself releasing the [emotion]. See it floating out of you and away from you, higher and higher, taking all of its attachments with it, feeling tighter and more free as it leaves your body, mind, and spirit. See it completely enveloped and dissolved by the light. Now inhale the aroma of your chosen oil as you take three deep, cleansing breaths.

6. Declare: Write your + declarations for your chosen emotion.

7. Visualize: Write the @ visualization(s) listed for your chosen emotion.

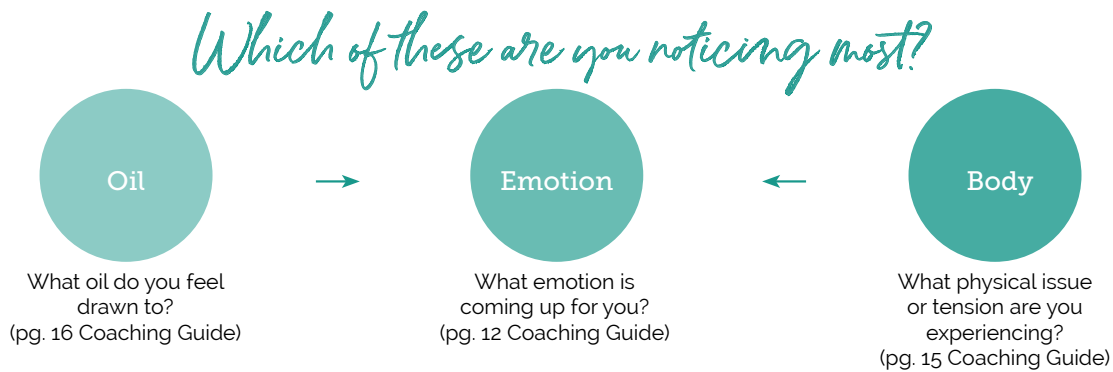
Now inhale the aroma again to anchor in this new awareness and create new pathways in your brain.

PROCESS, RELEASE, & LIVE FREE

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It's helpful to keep the individual engaged by writing and speaking throughout their process. The *Breakthrough Worksheet* was created to not only help them actively participate in their coaching session, but to employ multiple sensory pathways for a more efficient and powerful release.

IDENTIFY



Emotion

Identifying the specific emotion(s) the individual is experiencing is central to the Essential Emotions Process. Putting feelings into words, also called emotional granularity, engages multiple parts of the brain and shifts the individual into an active healing mode. Take the necessary time at this beginning stage to listen and ask questions in order to “drill down” to the individual’s core emotion(s). Trust that they will know which emotion is best for them to focus on in their session.

During the identification process, it can be tempting for individuals to label their heavy or negative emotions as bad or wrong, or resist choosing emotions they think are too negative. Help the individuals you work with to see their emotions as *teachers*—instead of right or wrong—so they can freely discuss any emotion that may be surfacing for them. Reassure them that all emotions are normal and universal. Each negative emotion simply presents the gateway to their path of healing.

The *Essential Emotions* book or app contains everything you need for the entire process. However, some of the other Essential Emotions tools can be very helpful for guiding the individual to identify their core emotion. The end goal is to find the essential oil(s) that will best support them in working through their current emotional state. Depending on which tool you start with, there are several paths available for discovering the corresponding oil recommendations for their chosen emotion. See all the options in the **Look up** box below. Regardless of the tool or path you begin with, always look up their emotion(s) in the Emotions Guide in the book or app to finalize the releasing and receiving process.

Tip

Struggling to identify an emotion? Reach for a visual tool like the Feelings Guide to engage a different part of their mind.

Also, using the Wheel helps break down common emotions, like sad or angry, into more nuanced or targeted feelings, like lonely or resentful.

Black Pepper ♦ Geranium ♦ Rescuer

Listen to your intuition. It will tell you everything you need to know.

—Benjamin Spock

Look up their specific emotion(s) using one of the following tools to find the corresponding oil recommendation(s):

- Essential Emotions book (pg. 211, Emotions Guide)
- Essential Emotions app
- Essential Emotions Wheel
- Feelings Guide



App

Wheel

Breakthrough Worksheet

Narrow Down Oils

The Emotions Guide (in the book), app, and Feelings Guide provide several suggested oils for each emotion. Narrow down the oil selection(s) any of these ways:

Use Intuition

If you have the oils on hand, invite the individual to inhale the aroma and decide which ones they want to explore.

"What are you most drawn to?"

Drop into Oil

Descriptions

Share the oil description(s) in the book or app for the recommended oil(s) and encourage them to read each one through.

"Does one or two of those oil descriptions stand out more than the others?"

Scan the Properties

Have the individual glance over the "Negative Emotions & Positive Properties" chart (pg. 283) for each suggested oil to see which ones best match the emotions they identified.

"Did any of those oils feel like a match?"

Use the *Helpful Protocols*

Refer to the Resources section of this guide (pg. 43) to see a curated short list of essential oils for the most common emotional states.

"These oils are recommended for _____ (emotion). Should we start there?"

The primary emotional healing purpose of each essential oil is contained in its oil description in the *Essential Emotions* book or app. Ask the individual to read for themselves the suggested oil description(s) for the oil(s) that matched their emotion. Encourage them to take all the time they need to fully receive the plant's powerful and personal message. After they read the description, ask them, *"Does anything stand out to you when reading that?"* *"What, if any, parts resonate most with you?"* Wait, listen, and stay present. Give them time to read, ponder, write down, and talk through their insights. If that essential oil is meant to help them in this moment, they will know it. You will simply be there to support their discovery.

Sometimes the oil description will contain *just one word or phrase* that resonates deeply with the individual in that moment. Encourage them to hold on to whatever spoke to them and release anything that's not a fit right now, knowing that the essential oil(s) will still be an ally to them as they process.

Tip

If the individual is **resistant to self-identifying** with any or all of the topics or statements in the oil description, do not force any awareness or assign meaning to their resistance. The essential oils work by sharing truths that are **felt**, not forced. If the client is still open to the process, simply move on to other suggested oils.

Before moving on to the Release step, check in with the individual to see how they are feeling about these new awarenesses. The oil descriptions often illuminate unconscious or ignored issues which can temporarily overwhelm the senses. They may need to take a moment to assimilate this information. If they are staying engaged and appear to be coping well, **you are ready to move on to the "Release" section on pg. 21 of this guide.**

CASE STUDY: MARITAL CHALLENGES A client who has been married for 20 years was expressing frustrations about their spouse. After asking the beginning emotions-focused question, "What emotions are coming up for you?" the client voiced that they've felt resentful for always being taken for granted. Under "Resentful" in the "Emotions Guide," Geranium, Thyme, Forgive, and Neroli essential oils were recommended. Because the coach had each of these oils on hand, they asked the client to inhale the aroma and decide which ones they felt drawn to. They chose Neroli and Forgive. (Continued on pg. 22)



The body sheds the tears the eyes refuse to shed.

– Indian Proverb

Each area of the body stores emotions and beliefs. As such, all physical symptoms invariably have a corresponding emotional component. Though each person is unique, there are some consistent themes that appear in certain areas of the body. As a coach, you can help the individual connect to the signals and messages their body is trying to send them, and recognize the emotions manifesting outwardly with their physical symptoms.

When the individual has identified their body as the place they feel drawn to start with, look up their affected body part, physical ailment, or sensation in the Body Guide of the *Essential Emotions* book (pg. 174) or app. Once located, have them read the corresponding “Emotional Root” 🌀 and “Look Deeper” ↓ concepts. Then ask, *“What part stands out to you?”* or *“Why might you be experiencing this in your body?”* Have them take note of anything that stands out to them.

If they don’t automatically connect to the “Emotional Root” 🌀 or “Look Deeper” ↓ concepts, don’t get hung up on those specific words that may be tripping them up. Keep the energy open and never diagnose or assign the emotion for the individual. Always let them choose for themselves. They may just need more details or further inquiry before they can pinpoint how it pertains to their situation.

Shift the focus from the physical to the emotional realm by having them read and ponder the “Underlying Emotions” ♥ and decide if they identify with any of the emotions listed. If they do, look up that specific emotion in the Emotions Guide of the book or app.

IMPORTANT: *The process from this point on is the same as the Emotions section. Turn now to Narrow Down Oils 📌 on pg. 13 to continue. Regardless of where one starts, the goal is always to move toward emotions, or the heart of the issue.*

Tip

If they cannot resonate with the “Underlying Emotions” ♥ listed for their physical symptom, respect their position. Ask them if they can stay curious long enough to explore more options. Here is a suggested discussion starter: *“I like to remember that these emotions can show up in all kinds of ways. Perhaps it’s not a statement about your entire emotional state, but rather, just about one specific thing in your life. Is there any specific thing in your life where you’re feeling _____ [insert “Underlying Emotions”]?”* Then pause to give them time for something to surface. If it’s still not connecting, shift gears to an emotions-focused approach. For example, you could say, *“If you’re not feeling any of these emotions, what have you been feeling lately?”*

Some people may have resistance to the mind-body connection because of older, more traditionally entrenched methods of mental healthcare. Assure them these ideas are actually scientifically backed. There is ongoing research in the emerging field of mind-body medicine which supports the theory that emotions manifest outwardly as physical symptoms. See “Experts & Further Reading” in the Resources section of this guide.

Oil

It's exciting when an individual chooses to start the Essential Emotions Process in response to an oil piquing their interest—in one way or another. Whether they know it or not, it means they can sense the healing message beyond the aroma. Essential oils can speak to an individual's body, mind, heart, intuition, or energy field. They gently start preparing the internal terrain and locating unresolved issues that are ready to be processed. Allowing the client to curiously explore and directly interact with essential oils is a beautiful way to lead into emotional healing.

When leading a coaching session based on essential oil response, invite the individual to inhale the aromas of several oils to see which one(s) resonate with them (if they have not already identified one). If an oil interests them, have them read the oil description in the *Essential Emotions* book or app. Afterward, ask, "*What stands out to you from reading that?*" or "*What do you resonate with the most?*" and listen closely to their observations. Wait until you feel they have had enough time to read, ponder, and explore within. Then have them jot down their insights and awarenesses.

Every essential oil has a wider range of healing properties than can be contained in any book. If additional clarity is coming through for an individual about how that oil can assist on their healing journey, embrace it by allowing them to articulate or write down their insights. The plants will work with each person in their own unique way.

Tip

In your capacity as a coach, you will discover essential oil aromas that you, or the individual you are working with, either feel drawn to or repelled by. (Note: This can change!) If the individual is repelled by an oil, you can examine their strong aroma response in the same way as an oil they are positively drawn to. We recommend starting with oils that your clients feel drawn to first. After they have more experience with this process and feel more confident, then they can then explore aromas they feel repelled by.

Explore similar emotional topics and themes by encouraging them to look at the "Companion Oils" listed for that oil (at the bottom of the oil description page) and determine if any of those oils would also support what they are experiencing. If there are no companion oils listed, read the "Negative Emotions" listed for that oil and ask which, if any, of those emotions they identify with the most. They can also look up the oils in the blend ingredients and read those oil descriptions for further exploration.



*A feeling of aversion or attachment toward something
is your clue that there's work to be done.*

— Ram Dass

Now that they have naturally narrowed down the oils they want to work with, they need to identify the core emotion they want to release. Once the most weighty emotion is identified, look up that emotion in the Emotions Guide of the book or app. Encourage them to also review the oils listed in the Emotions Guide to determine which oil will be best to help them release their emotion. (Return to Narrow Down Oils (pg. 13) if needed.)

Before moving on to the Release step, check in with the individual to see how they are feeling about these new awarenesses. The oil descriptions often illuminate unconscious or ignored issues which can temporarily overwhelm the senses. They may need to take a moment to assimilate this information. If they are staying engaged and appear to be coping well, **you are ready to move on to the "Release" section on pg. 21 of this guide.**

OIL UP

Essential oils have a direct impact on the deepest levels of the body, emotions, and psyche. We partner with them in this process because they facilitate and enhance emotional breakthroughs. This section will help you understand how essential oils interact with different aspects of one's being. **Smell is the fastest way to affect mood**, as aromatic molecules have a direct route through the olfactory system to the limbic center of the brain where emotions and memories are stored. A chemical reaction can occur within seconds. The amygdala, in concert with other structures in the brain's limbic center, makes immediate decisions that have cascading effects throughout the individual's entire system. For example, if the individual inhales Bergamot essential oil, its aroma signals the brain to release dopamine and serotonin—which are happiness and 'feel-good' neurotransmitters—that lift the mood and reduce stress and anxiety. These neurochemicals also send messages through the central nervous system to release muscle tension, decrease pain sensations, regulate heartbeat, and increase overall wellbeing.



The aromatic molecules of essential oils can interrupt old emotional response patterns. They prompt the creation of new neural pathways to help retrain the brain to respond in healthier ways to stressful and emotionally charged situations (also known as neuroplasticity). We invite the individual to inhale essential oils at certain times during this process to create "aromatic anchors," or scent memories, tied to what they are experiencing. Having them inhale the aroma of their chosen oil(s) is vital to their emotional work, not only at the time of the process, but also for later recall.

Tip

Inhaling is more than a sniff. To achieve the best results, have the individual deeply breathe in the aroma through their nose 2-3 times at each point of this process where they are prompted to inhale.

Although rare, you may encounter someone with a **negative scent memory** to the essential oil they identified. If the oil aroma is too triggering for them and they feel unable to work with it, simply move on to another essential oil that will uplift and support them.



*Plants have a lot to say,
if you take the time to listen.*

—Eeyore

Applying essential oils to the body has emotional benefits—not just physical ones. As we learned in the ‘Body’ section of this guide, we store emotions and beliefs in our body. Therefore, it’s helpful to place oils directly where the emotion is physically manifesting to assist in releasing anything trapped or stagnating there. Each emotion experienced carries an energetic frequency or vibration in the body. For example, shame emits one of the lowest energetic vibrations, while gratitude one of the highest. Essential oils also contain the energetic vibrations or frequencies of the plants they came from, making them an effective tool to quickly raise an individual’s vibration and mood.

Science is revealing more and more that there are complex neural processing functions in the mind, heart, and digestive system. We now know that communication doesn’t just come from the brain down, it also travels from the body up—influencing the mind and mood. Creating a multi-sensory experience by applying essential oils to different parts of the body can be very therapeutic. Learn more about this exciting field by checking out the “Experts & Further Reading” found in the Resources section of this guide. For more guidelines on applying the essential oil(s), refer to “Essential Oil Safety & Best Practices” also found in Resources section of this guide.

Essential oils can have a powerful influence on the energy and spirit of the person. Although the energetic properties of essential oils have not been studied as rigorously as their physiological uses, they are no less valid. They can rebalance chakras, open conduits to clearer divine communication, quicken the soul, and model how to consciously choose alignment. Essential oils don’t actually heal the person; they send the messages that help the body heal itself. It has been said that essential oils soften the body in order to reach the soul.

It should be noted that when a person reads an oil description and experiences resonance, inspiration, or a positive response from it, to any degree, that essential oil has already begun working with them. The plants can facilitate this unique form of energy work. If a person does not have access to the essential oil indicated for the description they are responding to, they can still invite the energy of that plant during their session to help them process through their issue. Obviously, being able to physically interact with that plant will exponentially enhance and deepen the process. Just know the work can begin before their essential oil arrives.

*Trees are sanctuaries. Whoever knows how to speak to them,
whoever knows how to listen to them, can learn the truth.*

—Hermann Hesse

RELEASE

"Galbanum assists in purifying and releasing soul-sicknesses, heaviness, and pain. It invites individuals to relinquish their limiting beliefs and unconscious traditions and choose to be immersed in a new creation." -Essential Emotions

Galbanum ♦ Breathe ♦ Purify

At this stage, the individual should have already identified their specific challenging emotion in the Emotions Guide of the book or app, read oil descriptions, and chosen at least one oil to partner with.

LOOK DEEPER

Vetiver ♦ Juniper Berry ♦ Copaiba

Releasing negative emotions and limiting beliefs is prerequisite to receiving positive feelings and embracing new truth. A bird cannot fly free until it is released from its cage. If they are hesitant, assure them that consciously releasing what has kept them caged is the only way to reach the emotional freedom that waits on the other side. Invite them to lean into the process and trust that the emotional investment is worth it.

Ask the individual to connect to the negative emotion and allow it to surface. Read aloud or have them read to themselves, the "Look Deeper" questions ↓ under their emotion in the Emotions Guide.

Give them a moment to feel them. Listen as the client talks through any awareness they may have. You can also ask, *"Are you seeing any of these beliefs or patterns showing up in some aspect of your life?"* If needed, have them also refer back to the essential oil description in the book or app to make more connections. As they dive into the broader story behind the negative emotion, validate their perspective and their struggle.

Encourage the individual to genuinely connect to their emotion so it can actually release. However, do not prompt them to rehash negative experiences in explicit detail, as that isn't needed in this process. Instead, if you can tell the individual is not really connecting to their chosen emotion, try asking any of these questions to guide them toward deeper awareness and emotional investment:

"Where is this [emotion] coming from?"

"What do you think is behind it?"

"How do you feel about this?"

Next, invite them to reflect on how holding this emotion, or emotional story, is affecting them and the outcomes they want and to notice the emotional and physical impact it's having on them.

"Close your eyes. Can you locate where this [emotion] is held in your body? How much of that emotion are you feeling now (on a scale of 1-10)?"

"See yourself expending the energy to maintain this emotion. Are you ready to let this go?"

Most often the answer is yes, they do want to let it go.

What if they don't want to release their story around the negative emotion? Sometimes when an

individual discovers their deeper beliefs and the real story attached to their emotion, they don't feel ready to release it. They may need more time to sit with their commitment to their perspective and pain. If this happens, honor their position, but gently encourage them to focus on which part of that story or which specific emotion they do feel ready to release right now. "Are you ready to begin the process of letting it go?" Or, "Are you willing to release the part not serving you and keep what is?" Progress in small increments is still progress.

Let them know it's essential to release the emotion by giving it to a higher power. If they don't connect to a higher power, they can give it to the earth or sun. Ask them to place one hand on their heart and one hand on their stomach. Read aloud and have them repeat after you this release statement, *"I choose to release this [emotion] with all its negative attachments and hold on me. I now hand it over to the [Divine] for transformation and healing."*

Next, ask if they are comfortable with closing their eyes while you walk them through a visualization to complete the release. If so, invite them to close their eyes and visualize releasing the emotion. *"See yourself releasing the [emotion]. Visualize it floating out of you and away from you...higher and higher...taking all of its attachments with it. Feel yourself becoming lighter and more free as it leaves your body, mind, and spirit. See it completely taken away and dissolved by the [Divine]."*

End the release by asking them to inhale the aroma of their chosen essential oil and take three deep, cleansing breaths. This connects the aroma to their emotional release. Before moving on, ask,

"How are you feeling after this release? Are you ready to create a new experience?"

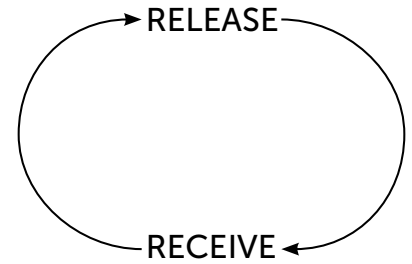
CASE STUDY: MARITAL CHALLENGES After reading the oil descriptions for Neroli and Forgive, the client stated that they resonated most with these statements in Forgive: "feeling cynical and beginning to expect the worst from others" and "feeling justified in blaming," and these statements in Neroli: "Perceived stagnation in a relationship can cause despair and...a desire to blame, punish or escape" and "active acceptance and supportive space for their chosen partner." The coach read aloud the "Look Deeper" ↓ questions listed under "Resentful" in the Emotions Guide in the book: "How was I hurt by another? What struggle within that person may have caused them to spread their hurt to me? What will it take for me to let go of the resentment I'm holding on to?" The client began to explore these questions and discussed how they felt their spouse was always preoccupied and inattentive, which led to a downward spiral of hurt, disconnect, and blame. They also identified that their spouse struggled with not feeling good enough and therefore focused so much of their attention on certain pursuits because it made them feel successful and approved of. After validating their emotions and struggle, the client was then asked to reflect on how holding this emotion was affecting them and the outcomes they really wanted. They were able to identify that their withholding acceptance and blaming their spouse widened the chasm between them until it felt too wide to cross—both feeling more insecure and less loved and less safe with each other. When the client was ready to release these emotions, the coach led them through the release statements and visualization. The client inhaled Forgive essential oil blend immediately after the visualization concluded to further associate the aroma with the release."
(Continued on pg. 24)

Sometimes you don't feel the weight of what you've been carrying until you feel the weight of its release.

RECEIVE

Zendocrine ♦ Ylang Ylang ♦ DDR Prime

Equally important to releasing negative emotions is filling the newly cleared space with truth and power. Receiving the antidote, or mirror image of the emotion, completes the circle of healing. Walk the individual through the final **"Declare"** 🗣️ and **"Visualize"** 👁️ steps under the emotion they identified in the Emotions Guide in the book or app to complete the process in a strong way.



Have them read aloud or repeat after you the **"Declare"** 🗣️ statement. Declaring is energetically powerful because the throat is the highway between the heart and the mind. Voicing this new awareness establishes mind-heart coherence. Ask them to write it down and personalize as desired. They may need to repeat it a few times to deepen its impact. Then ask, *"What shift did you notice within you as you spoke that?"*

Then, if they are comfortable with it, invite them to close their eyes again while you read the **"Visualize"** 👁️ statement. Note: If they are not comfortable closing their eyes, have them silently read the **"Visualize"** statement and take a moment to internalize it. If they cannot see it in their mind's eye, they cannot create it. You may also suggest that they invite in any other insights or inspiration they need to receive now. Ask them to write it down and personalize as desired.

Lastly, ask them to deeply inhale the essential oil one last time before opening their eyes. *"Now deeply inhale [chosen oil] and connect to how you're feeling in this moment."* Declaring, visualizing, and inhaling the aroma initiates a physiological change that will anchor these new beliefs.

A bird does not sing because it has an answer, it sings because it has a song.
—Maya Angelou

FORGIVE

"Upon reflection, all people will find moments of regret and moments they cherish. Siberian Fir teaches that without the winds of opposition, individuals would never have gained the wisdom and strength they now possess. It also reminds that forgiveness—both needing to forgive and needing to be forgiven—is integral to development." - Essential Emotions



Forgive ♦ Magnolia ♦ Siberian Fir

Self-Forgiveness

Forgiveness is imperative in order to fully heal. However, this concept can be triggering and bring up resistance or guilt in the individual. As a coach, you are not dictating that they completely forgive those who may have hurt them at this moment. **The focus in the session should be on forgiving themselves.** Encourage them to not overlay any new awareness onto their past actions. Help them embrace their learning with compassion and release any feelings of shame or self-judgment that may surface. For example, you could ask any of these questions: *"Can you offer yourself compassion for what you've learned in this process?" "Can you receive more love for yourself right now?"*

As they give themselves grace, their heart also opens to others who have caused them suffering. After they actively practice self-forgiveness and compassion, they will be in a better position to know when and how to naturally extend it to others. Forgiving others will be their own personal journey. However, if they seem open or eager to forgive, you can simply add: *"As you give yourself grace, your desire to naturally pass it on to others will grow. You will be inspired on how and when to extend forgiveness to others."*

CASE STUDY: MARITAL CHALLENGES After experiencing a powerful release of the dense emotions surrounding their spouse and their marriage, the client stated they were more receptive toward forgiving their spouse and ready to move to the receiving stage. The coach read the "Declare" 🗣️ statements under "Resentful": "I now embrace freedom and inner peace." The client then closed their eyes as the coach read the "Visualize" 👁️ statements: "Imagine your heart held in perfect love. As it is held, see it...expand to receive love and healing." There was some emotion that surfaced in the pause that followed, so the coach asked, "Can you give yourself compassion for what you just learned?" The client replied that they would try to be more patient and kind to themselves moving forward. They also added that they were going to extend some grace to their spouse as well. They chose Neroli essential oil to inhale at this stage because they wanted to invite its positive relationship-focused properties into their life now, and in the days ahead. (Continued on pg. 28)

LIVE FREE

Tulsi ♦ Beautiful ♦ Roman Chamomile

Tulsi's greatest influence is on the spiritual and energetic plane. It reveals the often unseen strain of living out of alignment with one's spiritual purpose. It reminds individuals—on a soul-level—of their purpose which existed before they manifested physically on this earth.
— Essential Emotions

INTEGRATE

Align ♦ Bergamot Mint ♦ Citrus Bloom

The client has expended a lot of emotional energy through this process. Now the invitation is to integrate and assimilate the work that was done. **Healing is a process, not a one-time event.** Explain to them *"Your transformation and breakthrough will continue at home. You may receive added insights or experience other emotions surfacing in the days ahead. Know that this is all normal and to be expected."*

Asking gentle questions can help them take their breakthroughs along as they transition back to everyday life. *"How will you care for yourself to continue your healing?"*

Encourage them to make self-care a priority to maximize and enhance their results. It's essential that they hydrate, rest, move their body in some way, and listen to uplifting or relaxing music to soothe their senses. You can ask, *"Which self-care options would best support you?"* Explore the post-session Self-Care list below for ideas:

Self-Care

Here is a list of powerful ways to encourage integration of new learning.

Choose 1-3 of these ideas:

-Hydration replenishes energy and helps the body flush out anything that was released during the session. Consider giving them water right after the session and recommend that they increase water intake the next few days.

-Movement is crucial in facilitating the final release of emotional debris from the body. Encourage them to move their body as soon after the coaching session as possible (e.g. stretch, shake out their arms and legs, take a short walk, "dance" in their car on the way home, etc.).

-Rest will be vital. Encourage them to take a nap or retire early. Also, an Epsom Salt bath before bedtime, with calming essential oils, will aid in relaxation and circulation.

-Music Therapy helps assimilate the energy shifts that were initiated during their session. Recommend playing beautiful songs throughout the home or on headphones, sing, chant, play/learn an instrument, attend high-vibe concerts and cultural events, hum, write a song, participate in a sound healing session or play sound bowls.

-**Seek Truth** to lift, sustain, and expand their learning and growth. They can study topics that fascinate them, keep a journal nearby to record insights, read wisdom teachings, explore scripture or other sacred texts, listen to audio books or podcasts, or explore inner contemplation.

-**Meditation** and stillness work is highly recommended for integrating learning deep within the being. Explain that they can do this by simply observing their breath, taking a still, mindful moment, "go within" via music or guided imagery, participate in yin yoga, yoga nidra, mantras, or mudras, contemplate their place in the universe, or even daydream.

-**Notebooking** is a quick way to capture their impressions on the go. It is meant to be a quick and accessible practice. Encourage them to keep a notebook or start a note on their phone to capture insights as they receive them. These can be expounded on later in their journal as desired.

-**Journaling** connects individuals to their deepest thoughts and feelings. There are several types of journaling and all have their benefits, such as free-flowing morning pages, writing "awareness" poetry, soul inquiry by writing questions to the Divine, writing letters to or from your higher self, release-writing everything that is pressing on their heart and mind, painful-event emotional processing that is meant to be burned afterward, letters to their inner child, and so on.

-**Prayer** creates a space to ask soul-level questions. They can deeply listen and ponder without rushing for answers. It is a sacred space to express gratitude for what is already present in their life. Prayer is also the medium for asking for unseen support, according to their belief system (i.e., Divine, angels, guides, helping ancestors, etc.)

-**Gratitude** practices have the power to work miracles. Some concrete activities that integrate gratitude include the following: inner praise, gratitude journaling, taking a leisurely gratitude walk, giving up something for 40 days as a gratitude gift to the Divine, writing a thank you letter to the Divine, documenting a list of their gifts and blessings, gratitude-focused meditation, or contemplation.

-**Aromatherapy**, or creating an oil practice, supports body, mind, and spirit. Encourage them to engage with their essential oils emotionally or spiritually, applying essential oils to chakra points on the body with compassion, diffusing oils in the air, bathing with drops of essential oils, or getting an aromatic massage.

-**Creative Expression** helps the individual channel the new information and energy into physical form. They can consider projects such as sculpting, scrapbooking, creative writing, composing a poem, creating music, decorating, sewing, crafts, painting, making a vision board, photography, gardening, making a mandala, cooking, baking, or eating mindfully and joyfully.

-**Play** and laughter is so healing. They could laugh out loud, run, wrestle, dance, skip, swing, swim, splash, take time to simply be with others who know how to play (like children and pets), play sports, engage in indoor or outdoor games, and watch funny or uplifting movies.

-**Beautifying their living space** invites fresh clean energy to flow. Consider bringing in fresh flowers, adding crystals or living plants throughout the home, creating dedicated stations for

self-expression, making an altar to serve their unique purposes, decorate, organize, declutter, paint, make a design collage, or hang meaningful pictures.

-Nature Immersion is supportive for all the senses. To ground, they can practice “earthing” by placing their bare feet on the earth, spend time outdoors in all seasons, feel the sun on their face, or listen to nature sounds. Take a creation walk or hike, go rock hunting, pick wildflowers, bird watch, stargaze and/or moon gaze, go forest bathing, wade, float or swim in body of water like a creek, river, lake or ocean, hug a tree, dance in the rain, or make a snow angel.

Moving Forward

Inspired action effortlessly springs up in the fertile ground created by this process. Ideas and insights will begin to flow to the individual naturally. Without overwhelming them with additional pressures or assignments, encourage them to identify **just one thing** that they can do to allow this process to make real change in their lives—after they walk out of the door. There is tremendous power in simplicity. Focusing their creative energy on only the next best thing will keep their healing in motion. *“How will you move into action with this new awareness? “What is your next step?” “What’s one thing you can do that may make the biggest difference?”*

Help them mentally prepare for obstacles they may encounter after the session (i.e. self-doubt, others’ judgments, distractions, obligations, old patterns), by asking them: *“What could get in the way?” “When it does, how will you respond?”*



*I love the freedom of my wings.
I love the empty space above the ground.
I rejoice in my freedom..*

—Banani Ray

GIVE GRATITUDE

Spikenard ♦ Wild Orange ♦ Osmanthus

Gratitude seals in learning and allows the healing and integration process to continue in deeper, more meaningful ways. Encourage them to conclude with gratitude. *"What has been the most powerful learning breakthrough for you in this process?"* *"I always like to end a session by taking a silent moment to thank my emotions for showing up as my teacher today."* Have them place their hand over their heart and silently thank themselves for showing up to do this work.

Then, take a brief moment to acknowledge and celebrate what they've just accomplished. Let them know, *"This issue will never again have the exact same emotional charge it had when you started."* They have unlocked a part of themselves and set it free. That's something to be grateful for! You could also say: *"You are already recreating and bringing healing into your life."* or *"Remember you are immensely powerful and capable of incredible things!"*

Trust is the fruit of gratitude. Their direct experience with this process will help them trust and honor their intuition and feel peaceful returning here again—because they now trust it can work for them.

End the session by stating something like the following: *"Thank you for sharing your emotional space with me. It is such an honor for me to feel your brilliance and witness your journey."*

Gratitude is the closest thing to beauty manifested in an emotion.

—Mindy Kaling

When the client is in a vulnerable state just after a process, resist the urge to present a lot of product choices. It's a good idea to send them home with a sample of their oils) and an invitation to learn more them. For example, when the session is complete, you might say, *"I will follow up with you in a few days to see how you are doing and let you know about upcoming classes."*

Invite them to continue using their essential oil(s) for the next 2 weeks with their selected declaration and visualization statements alongside the self-care practices.

CASE STUDY: MARITAL CHALLENGES *In the final minutes of the session, the coach touched on the importance of self-nurturing in order to fully integrate the work the client had just done. After listing a few ideas, the client voiced that they would journal about their "ahas" and pray for additional insight and healing in their marriage. They said they knew that the next and most important step after that was to apologize to their spouse for their resentment and blame. They continued with the awareness that they may have a long road ahead of them both to change their relationship patterns, but they could begin by owning their part in the dynamic. They concluded with silent gratitude for the emotions that were showing up to teach them that day. The coach praised them for their willingness to challenge difficult patterns and seek healing in their marriage. They thanked the client for allowing them to witness their incredible journey.*

Remember that healing isn't the only goal. When you are freed from the weights of emotional baggage, you will have the energy and vision to fulfill your life's purpose. Utilize the essential oils and healing tools that served you during your healing process to help actualize the life you were meant to live. Becoming who you are meant to become is the most liberating choice of all. Your emotional freedom will grow as you pass it on to those you love. —Essential Emotions

Reflect

While it's still fresh in your mind, take a moment after the end of your session to reflect on what you did well as a coach, and where you could improve next time. Write it down! Here are some prompt questions for your reflection:

How do you feel the session went overall?

What was most impactful?

Where did you feel strongest?

Where, if anywhere, did you feel a lag?

What would you do differently next time?

What do you think had the biggest impact with the client?

It's always a good idea to energetically clear your physical space after a session. You can spritz or diffuse Lemongrass, Lemon Eucalyptus, Purify or any other oil you feel drawn to as a way to reset the energy of your surroundings.

In every session, there is always something that you, as the coach, are meant to learn and receive as well. Reflect for a moment on your personal takeaway. What spoke to your heart? Write it down and keep the lesson.

Remember during your preparation for this session when you assessed the state of your thoughts, emotions, body, and energetics? It's now time to honor the promises you made to yourself then. Take time to care for and nurture yourself now too. What integrative practices will you choose?

Follow Up

Immediately after the session, take pictures of the pages used during the session from the *Essential Emotions* book (including the Emotions Guide, Body Guide, Oil Descriptions), or take screenshots from the Essential Emotions App to send the client via text or email.

Follow up in a few days via text or email, asking them what their experience has been since your session. If you sent them home with samples, and they still need to purchase the oils from their session, you can combine this touchpoint with an invitation to order those oils. For example, you can say: *"Can I help you get the oils that will best support your continued healing?"*

Next Steps

Healing is a journey, not a destination. Accepting the ongoing nature of wellness will encourage the individuals you work with to be patient with their own journey as well. Also, everyone needs reinforcement from time to time. Keep a few key reminders where you can easily access them for those times you face your own doubts and struggles, such as:

I'm grateful that even when fears arise, I remember what this is really about and trust in what I am learning and creating. I trust my intuition as I navigate this process. I believe in the difference I am making.

As you continue to show up and serve, your confidence will blossom and you will discover more and more of your innate gifts and talents. Believe that you are capable of actualizing your life's purpose and potential—and keep stepping forward to shine your light!

The Essential Emotions Team would love to help you continue to develop as a coach and as an individual so you can maximize your impact. The coaches' community will be your hub for connection and further training going forward. Leverage these resources and continue on your brilliant journey.

Thank you for stepping forward in service to another and doing your very best to share the healing that has changed your own life. Together we can help lift souls toward more light and love—and that is how we will all live free. Thank you for being a part of this movement, shining your light, and making a real difference. Love, Natalie & Andy, Amanda, Robin, & Cherie



*As soon as healing takes place,
go out and heal somebody else.*

-Maya Angelou

ESSENTIAL EMOTIONS

Resources

INTRO TOOLS

CORE CONTENT

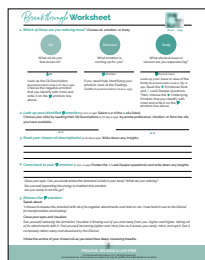
ONGOING SUPPORT



Feelings Guide



Wheel



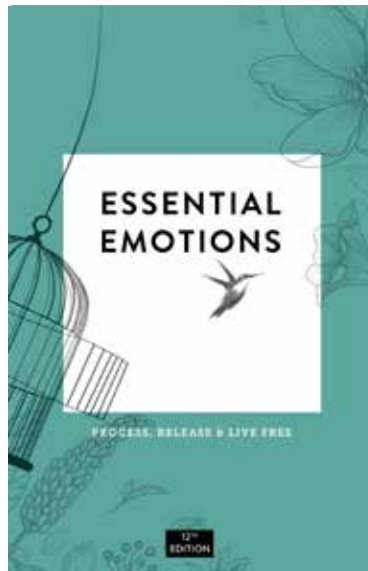
Breakthrough Worksheet



Class Handout



Cards



Book



App



Community



Trainings

For Coaches



Coaching Tools



Coaches Community



Certifications



Annual Retreat

Learn how to use these resources:





1. Which of these are you **noticing most**? Choose oil, emotion, or body.



What oil do you feel drawn to?



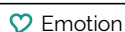
What emotion is coming up for you?



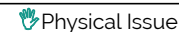
What physical issue or tension are you experiencing?



Look up the Oil Description (Essential Emotions book p. 16-173 or app). Choose the negative emotion that you identify with most and write it on the emotion line above.



If you need help identifying your emotion, look at the Feelings Guide (Essential Emotions book p. 292).



Look up your issue or area of the body (Essential Emotions book p. 174+ or app). Read the Emotional Root and Look Deeper questions. Then, choose the Underlying Emotion that you identify with most and write it on the emotion line above.

2. Look up your identified emotion (p. 211+ or app). Select 1-2 of the oils listed.

Choose your oil(s) by reading their Oil Descriptions (p. 16-173 or app), by aroma preference, intuition, or from the oils you have available.



3. Read your chosen oil description(s) (p. 16-173 or app). Write down any insights. Deeply inhale the aroma.

4. Come back to your emotion (p. 211+ or app). Ponder the Look Deeper question(s) and write down any insights.

Close your eyes. Can you locate where this [emotion] is held in your body? What are you noticing?
See yourself expending the energy to maintain this emotion.
Are you open to let this go?

5. Release the emotion:

Speak aloud:

"I choose to release this [emotion] with all of its negative attachments and hold on me. I now hand it over to the [Divine] for transformation and healing."

Close your eyes and visualize:

See yourself releasing the [emotion]. Visualize it floating out of you and away from you...higher and higher...taking all of its attachments with it. Feel yourself becoming lighter and more free as it leaves your body, mind, and spirit. See it completely taken away and dissolved by the [Divine].

Aromatic Anchor:

Inhale the aroma of your chosen oil as you take three deep, cleansing breaths.



6. Receive a new way of being: After this release, how are you feeling? _____
Are you ready to create a new experience?

7. Declare 🗣️: To activate a new way of being, speak aloud the declaration listed for your ♥ emotion. Write it down and personalize as desired. Keep declaring it until you begin to believe it. _____

8. Visualize 👁️: Read the visualization listed for your ♥ emotion. Write it down and personalize as desired. Close your eyes and envision it. _____

📍 Inhale the aroma again to anchor this new awareness and create new neural pathways.

9. Integrate through self-nurturing:

Can you offer yourself compassion for what you've learned in this process?

How else will you care for yourself to continue your healing?

(i.e. apply oil, rest, hydrate, bathe, journal, dance, stretch, music, practice mindfulness, time in nature, meditate)

10. Move forward with this new awareness: What are your next steps?

(i.e. reach out for help, realign priorities, establish boundaries, reconcile with others, release self-judgment, forgive self or others)

What could get in the way? (i.e. self-doubt, others' judgments, distractions, obligations, old patterns) _____

When it does, how will you respond? _____

11. Wrap up with gratitude: What has been the most powerful learning breakthrough for you in this process?

Place your hand over your heart and silently thank yourself for showing up to do this work.

12. Return to this process: Healing is a journey. Come back as often as needed. Know that you are divinely supported and trust that the power is within you to transform and heal!

The emotion that can break your heart is sometimes the very one that heals it.

—Nicholas Sparks

Learn more about this worksheet and help others by becoming an Essential Emotions Coach



PROCESS, RELEASE & LIVE FREE

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PREPARE

- Check in with yourself to ensure you are in the right heart and head space to facilitate as coach. (see pg. 6 Coaching Guide)
- *My heart is open to give and receive love. All of me is protected by a golden field of light.*
- Diffuse or spritz OnGuard, Tea Tree, Lemon Eucalyptus, TerraShield, or oil of your choice to clear and protect the space before the session.

OPEN THE SESSION

- *My intention for our session is to guide you in identifying and releasing unwanted emotions so that you can access the answers and solutions within you. I invite you to trust this process and see what unfolds for you.*
- *This is a safe space. Whatever comes up in our time together is strictly confidential.*
- Start with this question:

1. Which of these are you noticing most? Choose oil, emotion, or body.

Have them write their answers in the spaces below the circle of their chosen area.



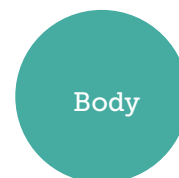
What oil do you feel drawn to?

pg. 16 Coaching Guide



What emotion is coming up for you?

pg. 12 Coaching Guide



What physical issue or tension are you experiencing?

pg. 15 Coaching Guide

💧 Oil

- Look up the Oil Description (pg. 16-173 Essential Emotions book or app).
- Explore companion oils (if needed).
- Choose the negative emotion that you identify with most and write it on the ♥ emotion line above.

♥ Emotion

- Identify their emotion in either the Essential Emotions book, app, Wheel or Feelings Guide (pg. 292 Essential Emotions book) and write it on the emotion line above.

👉 Physical Issue

- Look up your issue or area of the body in the Body Guide (pg. 174+ Essential Emotions book or app).
- Read the 🌱 Emotional Root and ↴ Look Deeper questions
 - *What part stands out to you?*
 - *Why might you be experiencing this in your body?*
- Choose the ♥ Underlying Emotion that you identify with most and write it on the ♥ emotion line above.

2. Look up your identified ♥ emotion (pg. 211+ or app). Select 1-2 of the 💧 oils listed.

Choose your oil(s) by reading the Oil Descriptions (p. 16-173 or app), by aroma preference, intuition, or from the oils you have available.

💧 Oil

Look up their specific emotion in the Emotions Guide in the book or app. If necessary, narrow down the oil selections (see pg. 13 Coaching Guide).

💧 Oil

3. Read your chosen oil description(s) (p. 16-173 or app). Write down any insights. Deeply inhale the aroma.

What part stands out to you? OR Which parts resonate with you most?

(Note: If following the oil pathway, they can explore additional oils listed for their emotion.)

4. Come back to your ♥ emotion (p. 211+ or app). Ponder the ↴ Look Deeper question(s) and write down any insights.

Are you seeing any of these beliefs or patterns showing up in your life?

Close your eyes. Can you locate where this [emotion] is held in your body? What are you noticing?

How intensely are you experiencing this feeling? (On a scale of 1-10)

See yourself expending the energy to maintain this emotion.

If hesitant: Are you ready to begin the process of letting it go?

5. Release the ♥ emotion:

Speak aloud:

"I choose to release this [emotion] with all its negative attachments and hold on me. I now hand it over to the [Divine] for transformation and healing."

Close your eyes and visualize:

See yourself releasing the [emotion]. Visualize it floating out of you and away from you...higher and higher...taking all of its attachments with it. Feel yourself becoming lighter and more free as it leaves your body, mind, and spirit. See it completely taken away and dissolved by the [Divine].

⚓ Aromatic Anchor:

Now inhale the aroma of your chosen oil as you take three deep, cleansing breaths.

6. Receive a new way of being: After this release, how are you feeling? How much of that emotion are you feeling now? _____

Are you ready to create a new experience? _____ (on a scale of 1-10)

7. Declare ✨: To activate a new way of being, speak aloud the declaration listed for your ♥ emotion. Write it down and personalize as desired. Keep declaring it until you begin to believe it.

Read aloud whichever parts resonate with you from the 'Declare' statement(s)—feel free to make it your own wording. You may want to repeat it up to 3 times to deepen its impact. What shift did you notice within you as you spoke that?

8. Visualize ☺: Read the visualization listed for your ♥ emotion. Write it down and personalize as desired. Close your eyes and envision it.

⚓ Read the visualization while they close their eyes. Now, inhale the aroma again to 'aromatically anchor' in this new awareness.

9. Integrate through self-nurturing:

Can you offer yourself compassion for what you've learned in this process? _____

Self- Forgiveness

Help them embrace their learning with compassion and release any feelings of shame or self-judgment that may surface.

If they're eager to forgive others, add: *As you give yourself grace, your desire to naturally pass on that grace to others will grow. You will be inspired on how and when to extend it to others.*

How else will you care for yourself to continue your healing?

(i.e. apply oil, rest, hydrate, bathe, journal, dance, stretch, music, time in nature, meditate)

Which self-care options would best support you?

Your transformation and breakthrough process will continue at home. You may receive added insights or experience other emotions surfacing in the days ahead, know that this is all normal and expected.

10. Move forward with this new awareness: What are your next steps?

(i.e. reach out for help, realign priorities, establish boundaries, reconcile with others, release self-judgment, forgive self or others)

What's one thing you can do that may make the biggest difference?

What could get in the way? (i.e. self-doubt, others' judgments, distractions, obligations, old patterns) _____

When it does, how will you respond? _____

11. Wrap up with gratitude: What has been the most powerful learning breakthrough for you in this process?

Place your hand over your heart and silently thank yourself for showing up to do this work.

12. Return to this process: Healing is a journey. Come back as often as needed. Know that you are divinely supported and trust that the power is within you to transform and heal!

Thank you for sharing this space with me. It is such an honor to feel of your brilliance and witness some of your journey. The best is yet to come. Let me know which oils would serve you best as you continue to move forward.

END THE SESSION

Post Session Reflection

Follow-up in 1-3 days via text

The emotion that can break your heart is sometimes the very one that heals it.

—Nicholas Sparks



1. Which of these are you **noticing most**? Choose oil, emotion, or body.



What oil do you feel drawn to?

Oil



What emotion is coming up for you?

Emotion



What physical issue or tension are you experiencing?

Physical Issue

2. Look up your identified **emotion** (p. 211+ or app). Select 1-2 of the **oil** oils listed.

Oil

Oil

3. Read your chosen oil description(s) (p. 16-173 or app). Write down any insights. Deeply inhale the aroma.

4. Come back to your **emotion** (p. 211+ or app). Ponder the **Look Deeper** question(s) and write down any insights.

5. Release the **emotion**:

Speak aloud:

"I choose to release this [emotion] with all of its negative attachments and hold on me. I now hand it over to the [Divine] for transformation and healing."

Visualize **⊕** & Aromatically Anchor **⚓**

6. Receive a new way of being: After this release, how are you feeling? _____

7. Declare **⚡**: _____

8. Visualize **⊕**: _____

Aromatic Anchor **⚓**

9. Integrate through self-nurturing: _____

10. Move forward with this new awareness: _____

11. Wrap up with gratitude: What has been the most powerful learning breakthrough for you in this process?

12. Return to this process: Healing is a journey. Come back as often as needed. Know that you are divinely supported and trust that the power is within you to transform and heal!

CRISIS NUMBERS & REFERRALS

As a coach, it's important to recognize and acknowledge when the individual (or family) you are working with has an issue that is outside your scope and needs more help than this process can offer. If you are seeing warning signs that their situation is escalating to an uncomfortable or uncontrollable level, stop the process and begin an honest dialogue about what needs to happen next. Please know it is the responsible thing to do to refer them to professional services that can better meet their specific needs.

"I can tell that this is bringing up a lot of pain for you and I'm really sorry to see it. I would love to continue to help, but I feel like this is beyond my ability to address with this process. Can I give you the number (or information) of someone you can reach out to that would be able to better serve you?"

Alternatively, if you find yourself in a precarious mental or emotional state, for whatever reason, remember that you are not alone. The loneliness of our personal challenges can lead us to mistakenly believe that we must carry our burdens in isolation and avoid asking for help and support when we need it. Don't believe it! Healers also need healing. Reach out and ask for help when you need it. Connecting with others is part of the healing process and necessary for all of us. Sometimes all we need is someone to hold our hand to make it through another day.

United States Resources:

National Suicide and Crisis Lifeline: 988

National Sexual Assault Hotline: 1-800-656-4673

National Domestic Violence Hotline: 1-800-799-7233

National Human Trafficking Hotline: 1-888-373-7888

National Child Abuse Hotline 1-800-422-4453

The Trevor Project Lifeline (LGBTQ): 1-866-488-7386

Trans Lifeline: 1-877-565-8860

Eldercare Locator: 1-800-677-1116

Treatment

- [FindTreatment.gov-https://findtreatment.gov/](https://findtreatment.gov/) (Find a provider treating substance use disorders, addiction, and mental illness.)
- [American Psychiatric Association Foundation-https://apafdn.org/](https://apafdn.org/) (Find a psychiatrist.)
- [American Academy of Child and Adolescent Psychiatry-https://www.aacap.org/](https://www.aacap.org/) (Find a child and adolescent psychiatrist.)
- [American Psychological Association-https://www.apa.org/](https://www.apa.org/) (Find a psychologist.)

ESSENTIAL OIL SAFETY & BEST PRACTICES

Essential oils are concentrated, potent plant extracts that have the potential to bring about amazing transformation. All application methods impact the body, mind, and spirit in a multitude of ways. It only takes a small amount to induce a powerful therapeutic benefit.

Application Methods

Refer to a trusted reference guide when using essential oils for aromatic, topical, or internal use.

Aromatic

To use an essential oil aromatically, simply smell the oil directly from the bottle or add a few drops into the palms of the hands, rub together, and inhale. Another option is to place a few drops into a diffuser or into a small amount of water in a spritzer bottle to disperse the oil molecules into the air.

Topical

To use an essential oil topically, add a few drops in the palm of the hand with a carrier oil and apply to the desired area. Essential oils are very potent, so a small amount is typically sufficient. Due to their volatility, and tendency to evaporate, diluting essential oils with a carrier oil can increase absorption and efficacy. Dilution is especially recommended for those with sensitive skin, including children and babies.

Safety

- Avoid contact with the insides of the eyes, nose, and ears.
- Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. Refer to dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has pre-diluted oils.
- Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.
- Read labels and follow recommendations.
- Avoid essential oils contraindicated for pregnancy such as Clary Sage and ClaryCalm®.
- Avoid using "hot oils" on the face. Hot oils or strong oils include Cassia oil, Cinnamon Bark oil, Clove oil, Oregano oil, Thyme oil, and others.
- Persons with critical health conditions should consult a healthcare professional.

EXPERTS & FURTHER READING

Mind-Body Science:

The Biology of Belief: *Unleashing the Power of Consciousness, Matter & Miracles* by Bruce H. Lipton, PhD (Stem Cell Biologist)

The Body Keeps the Score: *Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk, MD (Psychiatrist; PTSD Specialist)

Emotional: *How Feelings Shape Our Thinking* by Leonard Mlodinow, PhD (Theoretical Physicist)

How Emotions Are Made: *The Secret Life of the Brain* by Lisa Feldman Barrett, PhD (Neuroscientist and Psychologist)

Molecules of Emotion: *Why You Feel the Way You Feel* by Candace B. Pert, PhD (Neuroscientist & Pharmacologist)

Is the Mind-Body Connection Scientific? (YouTube panel discussion with neuroscientists Richard Davidson and Amishi Jha and clinical mindfulness expert Jon Kabat-Zinn, Feb. 17, 2013)

Move: *How the New Science of Body Movement Can Set Your Mind Free* by Caroline Williams (Science Journalist)

Your Body Speaks Your Mind: *Understanding How Your Emotions and Thoughts Affect You Physically* by Deb Shapiro (Intuitive Expert)

Mind-Body Medicine: *The New Science of Optimal Health* (Audiobook on Audible, 36 lectures of Jason M. Satterfield, PhD and Professor of Medicine, Sept. 2013.)

Why You Are In Pain (YouTube, Dr. Gabor Maté, Mar. 15, 2021.)

Body Guide:

Truman, K. (1995). *Feelings Buried Alive Never Die*. St. George, UT: Olympus Distributing.

Rose, E. (2013). *Metaphysical Anatomy; Your Body is Talking, Are you Listening?*

Hay, L. (2010). *Heal Your Body A-Z*. Oceanhouse Media.

Jensen, W. (2015). *The Healing Questions Guide*. Mesa, AZ: Inspired Body Network, LLC

Healing with Essential Oils:

Schnaubelt, K. (2011). *The Healing Intelligence of Essential Oils*. Rochester, VT: Healing Arts Press.

Stewart, D. (2003). *Healing Oils of the Bible*. Marble Hill, MO: Care Publications.

Emotions Guide:

Siegel, D. (8 December 2014). "Name It or Tame It." The Dalai Lama Center for Peace and Education. <https://www.youtube.com/watch?v=ZcDLzppD4Jc>

Lipton, B. (2015). "Is There a Way to Change Subconscious Patterns?" <https://www.brucelipton.com/blog/there-way-change-subconscious-patterns>

Forsyth, L. (2017). *Repeat After Me; How to Liberate Yourself from the Chains of Mental and Emotional Stress*.

Hamilton, D. (2014). "Does Your Brain Distinguish Real from Imaginary?" <https://drdavidhamilton.com/does-your-brain-distinguish-real-from-imaginary/>

Moreton, V. S. (1992). *A New Day in Healing!* San Diego, CA: Kalos Publishing.

E-Motion *Documentary Film* (Amazon Prime Video featuring Neale Donald Walsch, Dr. Joe Dispenza, Sonia Choquette, Nassim Haramein, Don Tolman, Dr. Bradley Nelson, 2016; E-Motion 2.0 version on Gaia TV.)

Quick Reference Guide

OIL	OIL OF	EMOTIONS ADDRESSED
Abode	Accountability	Accountable, Self-Aware, Progressing, Realigned
Adaptiv™	Adaptability	Reassured, Self-Acceptance, Trusting, Upheld
Air-X	Discerning	Discerning, Clarifying, Realigned, Attuned
Align	Centering	Centered, Aligned, Integrity, Loving
Amāvī®	Balanced Masculine Energy	Stable, Strong, Aware, Balanced Masculinity
Anchor	Steadying	Present, Supported, Clear, Courageous
Arborvitae	Divine Grace	Peaceful, Trusting, Relaxed, Surrender
Arise	Enlightening	Intuitive, Joyful, Enthusiastic, Actualized
AromaTouch®	Relaxation	Relaxed, Balanced, Flexible, Comforted
Balance®	Grounding	Grounded, Stable, Committed, Persevering
Basil	Renewal	Energized, Renewed, Strengthened, Rested
Beautiful	Self- Respect	Confident, Capable, Loved, Worthy
Bergamot	Self- Acceptance	Self-Acceptance, Optimistic, Confident, Hopeful
Bergamot Mint	Revived Heart	Uplifted, Hopeful, Loving, Open
Birch	Support	Resolute, Strengthened, Grounded, Receptive
Black Pepper	Unmasking	Authentic, Motivated, Self-Aware, Integrity
Black Spruce	Stability	Stable, Resolute, Grounded, Balanced
Blue Lotus	Awakening	Spiritual Awakening, Bliss, Aspiring, Transcending
Blue Tansy	Inspired Action	Inspired, Committed, Responsible, Purposeful
Brave™	Courage	Courageous, Respectful, Worthy, Resolute
Breathe®	Breath	Loved, Healing, Trusting, Open
Calmer®	Restful	Calm, Surrender, Reassured, Peaceful
Cardamom	Objectivity	Self-control, Respectful, Tolerant, Patient
Cassia	Self-Assurance	Courageous, Self-Assured, Unashamed, Authentic
Cedarwood	Community	Connected, Belonging, Supported, Acceptance
Celery Seed	Detoxing	Restored, Cleansed, Well, Aligned
Cheer®	Cheerfulness	Hopeful, Uplifted, Determined, Restored
Cilantro	Releasing Control	Purifying, Liberated, Non-Attachment, Releasing
Cinnamon	Sexual Harmony	Intimate, Secure, Healthy Sexuality, Body Acceptance
Cistus	Purified Heart	Loving, Comforted, Compassionate, Healed
Citronella	Averting	Conscious, Choosing, Discerning, Forgiving,
Citrus Bliss®	Creativity	Invigorated, Creative, Motivated, Spontaneous
Citrus Bloom	New Beginnings	Metamorphosis, Adventurous, Excited, Optimistic
ClaryCalm®	Vulnerability	Receptive, Empathetic, Nurtured, Bonded
Clary Sage	Clarity & Vision	Spiritually Clear, Intuitive, Open-Minded, Discerning
Clove	Boundaries	Empowered, Clear Boundaries, Independent, Assertive
Console®	Consolation	Comforted, Whole, Healing, Upheld
Copaiba	Unveiling	Worthy of Love, Forgiven, Redefined, Purposeful
Coriander	Integrity	Authentic, Integrity, Unique, True to Self
Cypress	Motion & Flow	Flexible, Flowing, Trusting, Adaptable
Davana	Uninhibited Flow	Creative, Passionate, Sensual, Flowing
DDR Prime®	Transformation	Transitioning, Vitality, Transforming, Belief
Deep Blue®	Surrendering Pain	Strengthened, Acceptance, Comforted, Healing
DigestZen®	Assimilation	Present, Nourished, Enthusiastic, Engaged
Dill	Learning	Engaged, Motivated, Integrated, Mental Clarity

OIL	OIL OF	EMOTIONS ADDRESSED
Douglas Fir	Generational Wisdom	Generational Healing, Inherited Wisdom, Respectful, Bonding
Elevation™	Joy	Joyful, Optimistic, Carefree, Elevated
Eucalyptus	Wellness	Protected, Able to Heal, Whole, Liberated
Fennel	Responsibility	Proactive, Attuned to Body, Accountable
Forgive®	Forgiving	Forgiving, Loving, Tolerant, Empathetic
Frankincense	Truth	Aligned, Enlightened, Discerning, Spiritually Connected
Galbanum	Soul Purification	Purified, Rebalanced, Freed, Grounded
Gardenia	Friendship	Friendly, Kind, Loving, Present
Geranium	Love & Trust	Empathetic, Forgiving, Gentle, Loving
Ginger	Empowerment	Empowered, Committed, Capable, Purposeful
Grapefruit	Honoring the Body	Body Acceptance, Self-Care, Gratitude, Nourished
Green Mandarin	Pure Potential	Excited, Hopeful, Fearless, Childlike
Guaiaacwood	Self-Discovery	Spiritually Progressing, Emotionally Connected, Flowing, Aligned
Harvest Spice®	Belonging	Connected, Centered Giving, Present, Grateful
HD Clear®	Accepting Imperfections	Self-Acceptance, Worthy, Forgiving, Expressing
Helichrysum	For Pain	Healing, Courageous, Hopeful, Transforming
Hinoki	Natural Harmony	Sacred, Calm, Relaxed, Respectful, Fluid
Holiday Joy®	Centered Celebration	Warm, Connected, Balanced, Celebrating
Holiday Peace®	Contemplation	Forgiving, Peaceful, Calm, Generational healing
Hope®	Overcoming	Courageous, Self-Acceptance, Believing, Rebirth
Hygge	Sanctuary	Content, Sheltered, Sharing, Grateful
Hyssop	Spiritual Preparation	Prepared, Redeemed, Connected, Hopeful
Immortelle®	Spiritual Insight	Grateful, Hopeful, Divine Grace, Spiritually Transformed
InTune®	Presence	Focused, Calm, Grounded, Present
Island Mint®	Respite	Relaxed, Reinvigorated, Enthusiastic, Optimistic
Jasmine	Sexual Purity & Balance	Healthy Sexuality, Pure Intentions, Intimate, Respectful
Juniper Berry	Night	Protected, Dreaming, Courageous, Secure
Kumquat	Authentic Presence	Authentic, Honest, Sincere, Aligned
Laurel Leaf	Triumph	Confident, Believing, Overcoming, Victorious
Lavender	Communication & Calm	Calm, Honest, Aware, Self-Expression
Lemon	Focus	Energized, Happy, Reasoning, Committed
Lemon Eucalyptus	Protected Space	Secure, Protected, Self-Contained, Resolute
Lemon Myrtle	Clarifying	Mental Clarity, Calm, Intentional, Rational
Lemongrass	Cleansing	Spiritual Clarity, Non-Attachment, Discerning, Releasing
Lime	Zest for Life	Courageous, Revitalized, Determined, Grateful
Litsea	Manifestation	Inspired, Intuitive, Pioneering, Aligned
Magnolia	Compassion	Interconnected, Empathetic, Thoughtful, Kind
Manuka	Being Upheld	Loved, Cared for, Known, Healed
Marjoram	Connection	Warm, Open, Loving, Trusting
Melissa	Light	Enlightened, Enthusiastic, Liberated, Optimistic
MetaPWR	Body Acceptance	Worthy, Self-Acceptance, Confident, Beautiful
Midnight Forest	Nature's Rhythm	Grounded, Restored, Attuned, Peaceful Coexistence
Motivate®	Motivation	Encouraged, Hopeful, Energized, Confident
Myrrh	Mother Earth	Bonding, Nurtured, Loved, Safe
Myrtle	Progression	Refined, Progressing, Resilient; Grateful
Neroli	Shared Purpose & Partnership	Patient, Empathetic, Cooperative, Intimate
Niaouli	Perceived Threat	Emotional Clarity, Rational, Humble, Considerate

OIL	OIL OF	EMOTIONS ADDRESSED
Northern Escape	Stable Transitions	Stable, Adapting, Enduring, Accepting
On Guard®	Protection	Boundaried, Protected, Capable, Reinforced
Oregano	Humility & Non-Attachment	Humble, Non-Attachment, Teachable, Flexible
Osmanthus	Gentleness	Gentle, Compassionate, Present, Grateful
Palmarosa	Emotional Growth & Maturity	Growth, Emotionally Honest, Autonomous, Softened
Passion®	Finding Your Passion	Passionate, Inspired, Spontaneous, Creative
PastTense®	Relief	Calm, Relaxed, Relieved, Grateful
Patchouli	Physicality	Grounded, Moderation, Body Acceptance, Strength
Peace®	Reassurance	Serene, Content, Trusting, Spiritually Connected
Peppermint	A Buoyant Heart	Mental Clarity, Buoyant, Optimistic, Relieved
Petitgrain	Ancestry	Chain-Breaking, Pioneering, Preserving Traditions, Generational Healing
Pink Pepper	Intrinsic Equality	Non-Judgmental, Self-Accepting, Kind, Merciful
Purify	Purification	Cleansed, Unencumbered, Releasing Toxicity
Ravintsara	Expansion	Open, Receptive, Clear, Flowing
Red Mandarin	Childlike Perspective	Sweetness, Innocence, Perspective, Simplicity
Rescuer™	Soothing	Resilient, Comforted, Capable, Courageous
Roman Chamomile	Spiritual Purpose	Purposeful, Peaceful, Fulfilled, Spiritually Connected
Rose	Divine Love	Love, Compassion, Healing, Acceptance
Rosemary	Knowledge & Transition	Mental Clarity, Teachable, Adjusting, Inspired
Sandalwood	Sacred Devotion	Spiritually Connected, Believing, Still, Surrender
Serenity®	Tranquility	Peaceful, Relaxed, Compassionate, Connected
Shinrin-yoku™	Immersion	Peaceful, Still, Relaxed, Grounded
Siberian Fir	Aging & Perspective	Wisdom, Comfort, Forgiving, Honest
Spanish Sage	Memory	Adapting, Overcoming, Calming, Accepting
Spearmint	Confident Speech	Confident, Articulate, Expressive, Courageous
Spikenard	Gratitude	Grateful, Acceptance, Content, Abundant
Steady™	Grounding	Centered, Stable, Reassured, Strengthened
Stronger™	Protective	Strengthened, Protected, Independent, Secure
Sunny Citrus	Enjoyment	Childlike, Carefree, Spontaneous, Humor
SuperMint™	Perspective	Rested, Soothed, Energized, Focused
Tamer™	Integration	Assimilating, Clear, Aligned, Honest
Tangerine	Spontaneity	Creative, Lighthearted, Spontaneous, Optimistic
Tea Tree	Energetic Boundaries	Safe, Protected, Empowered, Resilient
TerraShield®	Shielding	Brave, Self-Contained, Self-Assured, Safe
Thinker™	Focus	Calm, Attentive, Engaged, Clear-Minded
Thyme	Releasing & Forgiving	Forgiving, Patient, Understanding, Openhearted
Tulsi	Spiritual Integration	Integrated, Alive, Flowing Energetically, Healed
Turmeric	Restoration	Faith, Resilient, Restored, Trusting
Vanilla	Unfolding	Desire, Synchronicity, Possibility, Wonder
Vetiver	Centering & Descent	Self-Discovery, Centered, Grounded, Present
Whisper®	Femininity	Acceptance, Healing, Softening, Connected to Divine Mother
Wild Orange	Abundance	Abundance, Playful, Generosity, Joyful
Wintergreen	Surrender	Surrender, Grace, Letting Go, Strengthened
Yarrow Pom	Energetic Safety	Discerning, Safe, Supported, Peaceful
Ylang Ylang	The Inner Child	Tenderhearted, Childlike, Innocent, Emotionally Connected
Zendocrine®	Vitality & Transition	Open, Adjusting, Revitalized, Releasing

Helpful Protocols

 Angry →  Loving



Simple:
Forgive®
Magnolia
Geranium

Fortify:
+ Rose
+ Osmanthus
+ Turmeric Dual Chamber Capsules
+ DigestZen®

 Depleted →  Energized



Simple:
Eucalyptus
Basil
Balance®

Fortify:
+ Lime + LLV
+ Motivate® + Mito2Max®
+ SuperMint™ Beadlets or Peppermint Softgels

 Anxious →  Calm

Simple:
Adaptiv®
Peace®
Steady®

Fortify:
+ Midnight Forest + Adaptiv® Capsules
+ Shinrin-yoku™ + Serenity® Softgels
+ Breathe®

 Discouraged →  Inspired



Simple:
Vanilla
Blue Tansy
Passion®

Fortify:
+ Immortelle
+ DDR Prime®
+ Melissa
+ Adaptiv® Capsules

 Ashamed →  Confident



Simple:
Cassia
Bergamot
Laurel Leaf

Fortify:
+ MetaPWR™ + Beautiful
+ Copaiba Softgels + Jasmine
+ Ginger

 Distracted →  Purposeful

Simple:
Thinker®
Lemon
Roman Chamomile

Fortify:
+ Vetiver
+ DigestZen®
+ Copaiba Softgels
+ TerraZyme®

 Confused →  Clear

Simple:
Spanish Sage
InTune®
PastTense®



Fortify:
+ Spearmint + TerraZyme®
+ Rosemary + Zendocrine®
+ SuperMint™

 Grieving →  Comforted

Simple:
Breathe®
Console®
Rose or Geranium

Fortify:
+ Aromatouch® + Siberian Fir
+ Manuka + Rescuer™
+ Deep Blue® + Copaiba Softgels 43

Helpful Protocols

 Fearful →  Safe

Simple:

Juniper Berry
Brave®
Black Spruce

Fortify:

+ Midnight Forest + On Guard®
+ Turmeric Dual + Tea Tree
Chamber Capsules + TerraShield®
+ Yarrow | Pom


 Lonely →  Connected

Simple:

Marjoram
Cedarwood
Hygge®

Fortify:

+ Myrrh + Gardenia
+ Frankincense
+ AromaTouch®



 Hurting →  Healed

Simple:

Helichrysum
Eucalyptus
Rescuer™

Fortify:

+ Deep Blue® + Manuka
+ Turmeric Dual + Copaiba Softgels
Chamber Capsules



 Overwhelmed →  Joyful

Simple:

AromaTouch®
Midnight Forest
Citrus Bliss®

Fortify:

+ Adaptiv® Capsules + Melissa
+ Serenity® Softgels + Ylang Ylang
+ DDR Prime®



 Insecure →  Secure

Simple:

Bergamot
Beautiful
HD Clear®

Fortify:

+ Davana + MetaPWR™
+ Jasmine + Turmeric Dual Chamber Capsules
+ Ginger + Palmarosa

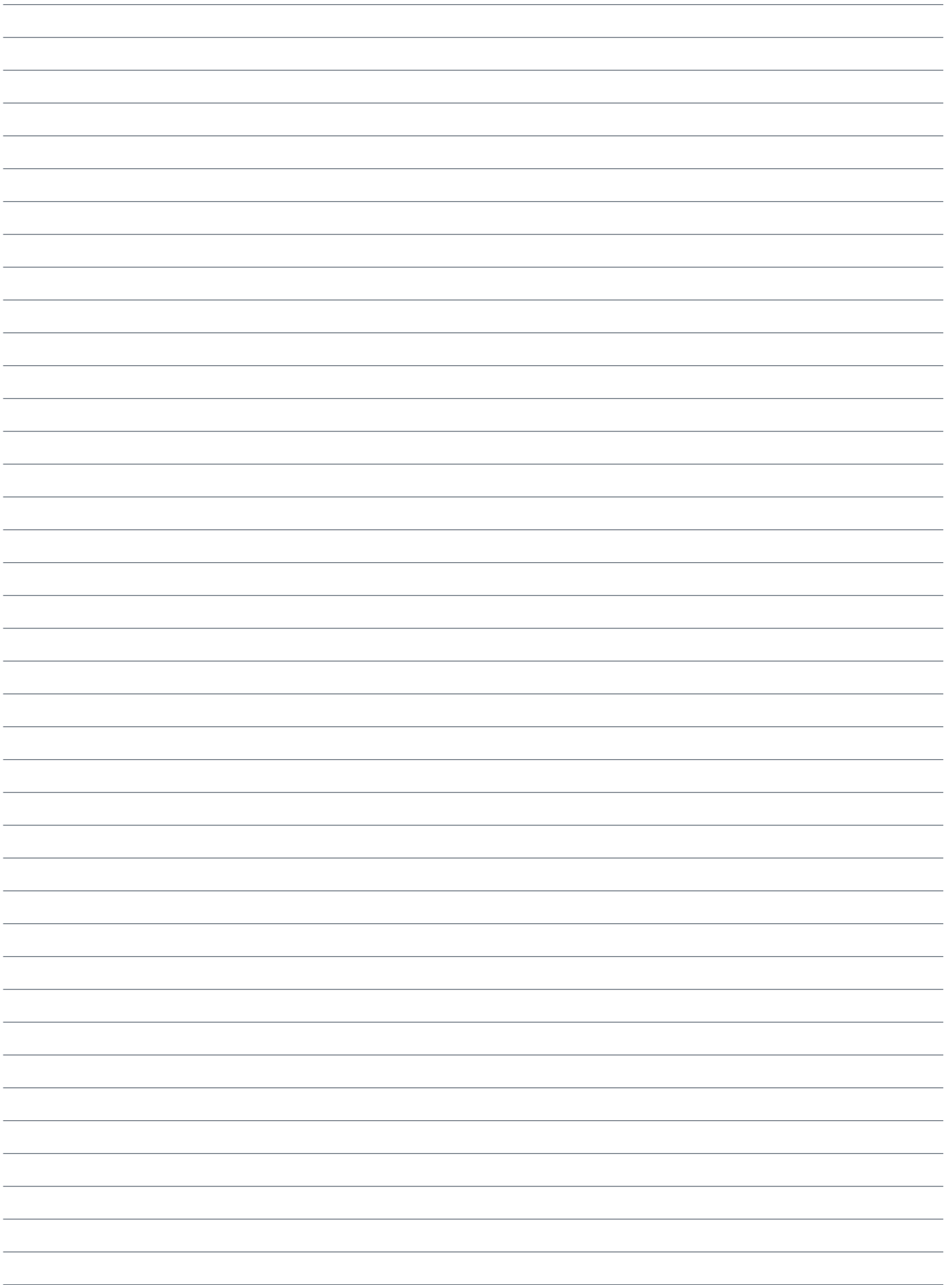
 Traumatized →  Peaceful

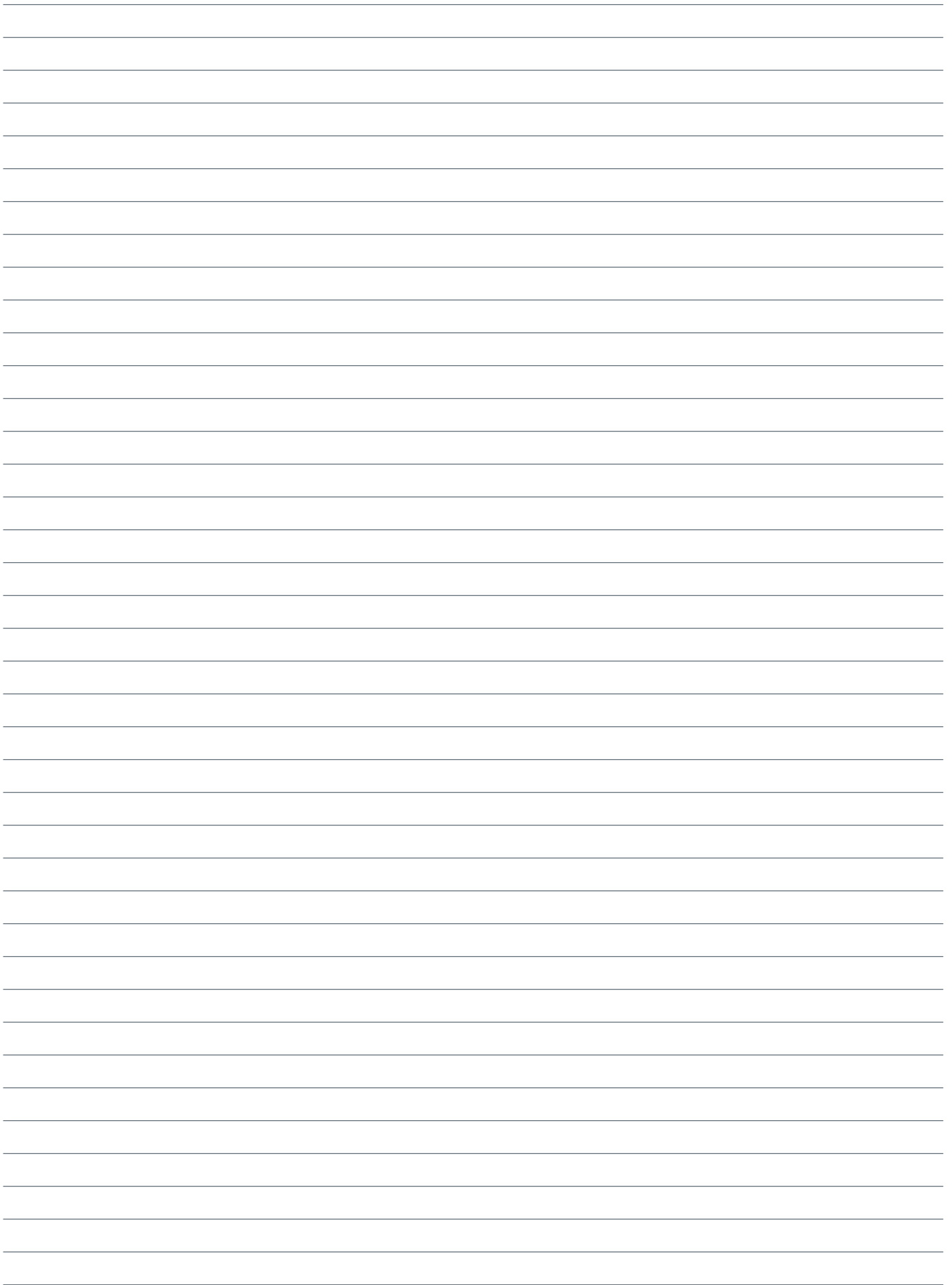
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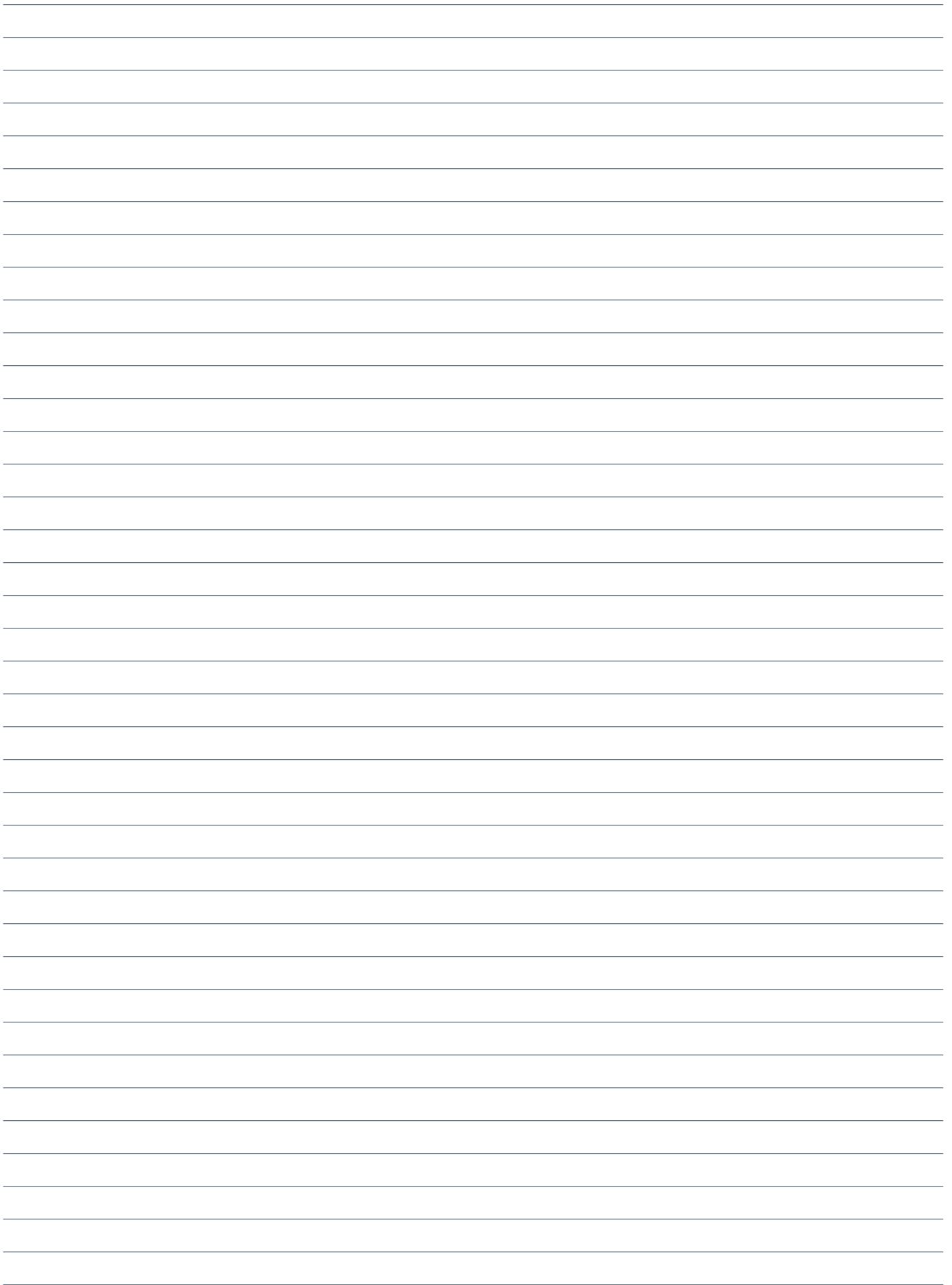
Helichrysum
Hope®
Black Spruce

Fortify:

+ Turmeric Dual Chamber Capsules + Myrrh
+ Yarrow | Pom + Rose
+ Copaiba Softgels









*Isn't it marvelous to discover that you are the one
that you've been waiting for?
That you are your own freedom?*

—Byron Katie

